



The Upton Chronicle

A PUBLICATION OF THE UPTON CENTER

2 Farm Street, Upton, MA 01568, 508-529-4558 / 508-529-4559 / www.uptonma.gov

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February 2016



Happy February! With Valentine's Day right around the corner—it's a great time for me to "share the love" for all those who help out in so many ways here at the Upton Center.

- Thank you to **Unibank** for their holiday gift drive which yielded gift cards, paper goods and toiletry items that we can deliver to residents as needed throughout the year. There is a great need for these items since many of them are not covered by SNAP benefits. We appreciate the generosity of the businesses and residents of Upton!
- Many thanks to Upton resident **Glenn Fowler** for generously giving of his time and energy to handle the upholstery cleaning of the furniture in our TV area. We truly appreciate it!
- A special thanks to **Karen Varney** and **Edna Furphy** who helped take down the many holiday decorations after Christmas. It's not quite as much fun taking them down as putting them up, but it's a much needed job nonetheless!

February vacation will be here the week of February 15th, which means some extra time with your grandchildren. We have scheduled three intergenerational programs that week, including a **Valentine's Party, Library Storytime with lunch**, and a **Visit from Ranger Viola of West Hill Dam**. So please check out all the details enclosed, mark your calendars, and spread the word to your friends, young and old!

And finally—right about now is the time that some of us get discouraged about our New Year's resolutions. But don't despair! Here are a few tips to help you stick with them in 2016...

- Be realistic—if your resolution is just too challenging, perhaps scale it back a bit.
- Change 1 thing at a time—Replace an old habit with a healthier new one.
- Talk about your resolution—Share your struggles and successes with a friend.
- Reward yourself along the way—Stop to reward yourself for even small improvements.
- Don't beat yourself up—We all make mistakes. Don't be too hard on yourself!
- Keep at it - Research shows it takes 21 days to develop a new habit—so hang in there!



Love is in the air!
Congratulations to our
Social Services
Coordinator, Jessica, for her
marriage to Chris Mauro on
January 17th. We wish them
much happiness!

Janice

Presidents' Day is an American holiday celebrated on the third Monday in February. The original holiday of "Washington's Birthday" was established in 1885 and celebrated on February 22, Washington's actual birthday. The holiday was moved in 1971 in an effort by Congress to create more three-day weekends for American workers. The holiday became popularly known as Presidents' Day and is now typically viewed as a celebration of the lives of all U.S. presidents past and present.



*The Upton Center will be closed on Monday, February 15th for
Presidents' Day. No meals will be served.*



Shopping Trips

Time spent in the stores is typically 60—90 minutes, depending on other trips scheduled. Please register at least 2 days ahead and choose one store for drop off/pick up when we do a loop.*

Tuesday, Feb. 2 at 12:45—**Market Basket**, Hudson

Wednesday, Feb. 3 at 12:45—**Salvation Army/Shaw's/Job Lots/Walmart Loop***, Northbridge

Monday, Feb. 8 at 9:15—**Salvation Army/Shaw's/Job Lots/Walmart Loop***, Northbridge

Thursday, Feb. 11 at 9:15—**Shaw's/Walgreens**, Milford

Wednesday, Feb. 17 at 12:45—**Market Basket**, Oxford

Friday, Feb. 19 at 9:15—**Salvation Army/Shaw's/Job Lots/Walmart Loop***, Northbridge

Wednesday, Feb. 24 at 12:45—**Salvation Army/Shaw's/Job Lots/Walmart Loop***, Northbridge

Monday, Feb. 29 at 9:15—**Hannaford's**, Uxbridge



Elder Affairs Officer

Wednesdays, February 3 & 17 at 9:00

A member of the Upton Police Department will be holding office hours at the Upton Center. Please call the Center to set up a time if you would like to meet with the officer.

SHINE



Wednesday, February 3 & 17, 9:00—12:00

SHINE Counselor Marcy Singer will hold appointments at the Center. Please call the Center to register.



Tax Appointments

Friday Feb 5 & Friday Feb 19, 9:00—1:00

It's that time of year again!...AARP tax preparers will be here to help Seniors prepare their taxes at no charge. Spaces are filling fast. Please call the Center to schedule an appointment. Additional appointments are available March 11th, 18th, 25th and April 1st and 8th.

Birthday Bash

Friday, February 5 at 12:45

Join us for pizza and cake to celebrate our February birthdays. The event is free for those of you with February birthdays; a donation of \$3 is suggested for all others. Please call the Center to register.



Senator Moore Office Hours

Monday, February 8, 9:00—10:00

Senator Moore's office will hold office hours at the Upton Center to discuss any concerns you may have.

History of Chocolate!



Tuesday, February 9 at 12:45

As we gear up for Valentine's Day, come enjoy an informative presentation on "The History of Chocolate" presented by a representative of Home Instead Senior Care. You'll learn new facts about chocolate, dispel old myths, and even get to enjoy some delicious samples! We'll celebrate Mardi Gras too! No fee. Please call the Center to Register.



Foxwoods Casino Trip

Wednesday, February 10, 6:45 a.m.—5:30 p.m.

Join Foxy Travel of Northbridge for their daytrip to Foxwoods Casino. Special discounted cost of \$20 this month includes deluxe motor coach transportation, \$10 in food (or free buffet), and \$10 of slot play. Our van will be available to get you to and from Foxy Travel to join in their trip for an additional \$2 each way. Please call the Center to register for trip and ride if needed. No refunds/transfers within 7 days of trip.

Wellness Talks with Jessica

Healthy Living

Wednesdays, February 10 & 24 at 12:30

Join Jessica for Wellness talks covering a variety of health issues. Please call the Center to register and let Jes know what topics you'd most like to hear about.



Friends of Rachel BVT Dinner

Thursday, February 11 5:00

Attend an all you can eat buffet (oven roasted chicken dinner, dessert & beverage) at Blackstone Valley Technical High School in Upton to benefit the Leukemia & Lymphoma Society. Please RSVP by December 5 and let us know if you need a free ride on our van. We will reserve a seating for our group at 5pm. Tickets are \$15 at the door. Van will depart from Millhaus Lobby at 4:45



Brain Healthy Luncheon

Friday, February 12 at 12:00

Join us for a Brain Healthy cooking demonstration and lunch. Learn how brain healthy foods in the right combinations can provide the body with potent antioxidants and nutrients essential to brain health, heart health and overall body health. Lunch will be served by Cornerstone buffet style, followed by a brief presentation. No fee. Please call the Center to register by February 8th.

Please call the Upton Center at 508-529-4558 with questions or to register for programs. Hours of Operation are Monday—Friday, 9:00—3:30 (weather and staff permitting).

INTERGENERATIONAL PROGRAMS

Bring your Grandchildren during School Vacation!



Valentine's Party

Tuesday, February 16 at 12:45

Share some love at our Valentine's Party! This is a chance for people young and old to get together for some Valentine's fun! Enjoy some games and decorate a Valentine's cupcake to enjoy as a snack. No fee. Please call the Center to register.

Library Lovers' Storytime

Wednesday, February 17 at 11:00



February is Library Lovers' month! As many of you know, the Upton Town Library sets up a library table at the Center each Wednesday at 11:00. This time they'll be reminding you of all the great services they have to offer—from museum passes, to online services, and more. They'll also hold a Storytime hour here for Upton's littlest residents, followed by lunch. A donation of \$3 for lunch is suggested. Please call the Center to register.



Ranger Viola's Bird Talk

Friday, February 19 at 12:45

Have you ever wondered how the birds survive at the cold New England winters? Ranger Viola Brummel from West Hill Dam will be back to tell us all about birds and their seasonal habits in the winter time. She'll also let you know how you can participate in Cornell University's "Annual Backyard Bird Count"! No fee. Light refreshment will be served. Please call the Center to register.



Historical Society Program

Sunday, February 21 at 1:30

Luanne Crosby of Westborough will present a program of Civil War songs at the Center with insights into how the North and the South had different versions of the same songs. No fee.

Breakfast by Jan

Monday, February 22 at 9:15



You won't want to miss one of Jan's famous breakfasts! Donation of \$3 is suggested. Please call the Center to register and plan to join us afterwards for an informative talk on Identity Theft & Online Safety (see details below).

Identity Theft & Online Safety Talk

Monday, February 22 at 10:00

SAFETY FIRST

Robin Putnam of the state Office of the Consumer Affairs & Business Regulation will speak about identity theft and online safety. Please plan to join us for this important presentation to learn how to protect your private information and steer clear of scams. No fee for the talk. We hope you'll consider joining us for Jan's breakfast beforehand (see details above). Please call the Center to register.



Lunch Trip to Miss Mendon Diner

Tuesday, February 23 at 11:30

Take a step back in time when you visit the old fashioned Miss Mendon Diner. They've recently added a large addition to the existing dining car, which gives them plenty of lunchtime seating. Please call the Center to register and let us know if you need a ride on our van.

Craft Project with Miscoe Students

Thursday, February 25 at 3:00



Students from the Miscoe Hill after school program will be here to work with us on another fun craft project! Please call the Center to register. No fee.

Men's Club Supper

Friday, February 26 at 5:30

Don't miss the ever-popular Men's Club Supper! No fee. And remember—it's not just for men! Please call the Center to register. Friendly reminder....please do not park in the lot across the street.



"The Young Islanders" at Venus de Milo

Daytrip—Thursday March 10



Celebrate St. Patrick's Day with this exciting trip to Venus De Milo to see "The Young Irishers" featuring former members of Riverdance and Lord of the Dance. The trip includes meal, show and transportation for \$89. A \$20 deposit is due at sign up. **Balance is due by Feb. 26.** Please call Northbridge Center to register at 508-234-2002.



Blood Pressure Checks

Every Friday at 10:30 + Wed., Feb. 24 at 12:30

An EMT visits the Center every Friday at 10:30 to check blood pressure. The Town Nurse will also be here to do checks on Wed., February 24 at 12:30.



Exercise Programs

Mondays at 1:00 and Wednesdays at 10:00

Come learn the ancient Chinese exercise of **Tai Chi** on **Mondays at 1:00**. Improve strength and balance while relieving stress! Then join Wendy and her dog, Ben, for **Strength & Stretch** on **Wednesdays at 10:00**. All ages and abilities welcome and a \$3 donation is suggested for each.

Sign up Now for March Visit to BVT Salon

Friday, March 4 at 9:00



We'll return to the Salon at BVT, a full-service salon housed within the BVT High School here in Upton. You can choose from their full menu of services at their discounted prices. Manicures are just \$5! Tips are appreciated. Stop by our front office for a full price list. **Please RSVP to the Upton Center by Feb. 12 so we can reserve times.** Our van will provide transportation for a fare of \$1 roundtrip.

JESSICA'S SOCIAL SERVICES CORNER

Social Services

The Upton Center's Social Services Coordinator, Jessica Mauro, is available to help you with Fuel Assistance, SNAP (food stamps), SHINE information, referrals and more. Feel free to call her at 508-529-4558 with any questions. She is here to help Upton residents of ALL ages with their Social Services needs.

Tri-Valley Services

In addition to the Social Services provided through the Upton Center, Tri-Valley, Inc. is a fantastic resource for our residents. Tri-Valley is a private, non-profit agency providing information, referrals, and care management for in home and community services in Central Mass. Their mission is to promote and maintain an optimal level of independence, dignity and well-being for elders and individuals with disabilities by providing information, advocacy and access to quality services and resources, as well as caregiver support. Please visit their website at www.trivalleyinc.org for full details on the services offered, or call them directly at 508-949-6640 for more information.

SHINE Reminders



The 2015 Medicare Open Enrollment period ended on December 7, but people may still be allowed to change plans. For Plan year 2016, the Tufts Medicare Preferred Plan has been designated as a 5-star Plan by Medicare, which means that Medicare Beneficiaries may enroll in or change to one of the Tufts Medicare Preferred Plans between Dec. 8, 2015 and Nov. 30, 2016. This is a great opportunity if you missed the Open Enrollment deadline.

For those with a Medicare Advantage Plan, between Jan. 1 and Feb. 14, you can leave your plan and switch to Original Medicare, but you cannot switch to another Medicare Advantage Plan. If you drop your Medicare Advantage plan during this period, you can join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare coverage and prescription drug coverage will begin the first day of the month after enrollment. You may also add a supplement (Medigap) at this time. This is a chance to continue coverage with your provider if you did not make a change during Open Enrollment. Those with Prescription Advantage can change plans once a year, and those with "Extra Help" can change every month.

SMOC Heating Assistance



The SMOC Heating Assistance Program runs from November 1st - April 30th. Please contact Jessica at the Center at 508-529-4558 with any questions on this program.

Reminder: We may need to cancel programs due to severe weather. Please call ahead if the weather is questionable.



COMMUNITY CORNER

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Smoke & Carbon Monoxide Detectors

This year the Upton Fire-EMS Department was awarded a Senior SAFE grant to assist members of the fire department in providing fire and live safety education to the senior residents of the Town. This includes purchasing the smoke and Co detectors for senior Upton residents who own their own home and are unable to purchase them, along with home installation of these detectors and home visits to assist the homeowner in making their home safe from fire. Please contact Lt. Bonnie Lopez for at 508-529-3421 for details.

Community Supper



No one should eat alone if they don't want to. United Parish Church members are offering monthly Community Suppers the 3rd Thursday of each month to bring local residents together. All are welcome on Thursday, Feb. 18 at 5:30. Please call 508-529-3192 to reserve a spot. There is no fee, but donations are gratefully accepted.

Navigating Your Hearing Loss



The Hearing Loss Association of Central MA is sponsoring a three part series on Hearing Loss. Part 1 will be held Sat., Feb. 27 from 2-4 p.m., offering information on hearing loss, technology and coping strategies. For more information email info@hearinglosscentralma.org



Wish List

We are in need of the following at the Upton Center: Healthy snacks, paper plates, plastic cutlery, cups, juice mix for the Center; Non-perishables for our food pantry. If you're able to help us out, please let us know! Thank you.



Tri-Valley Lunch Services

A nutritious lunch is served at the Upton Center each weekday at 11:45. Please call Al at 508-529-9094 to reserve your spot at least 48 hours in advance, and see the calendar insert for details on menu selections. Meals are \$3 (including milk and bread). You can also call to inquire about home delivery of lunch and/or frozen evening dinners.

Pen Pals


Would you like to have a pen pal? We're matching Upton seniors with Memorial School students to help create new intergenerational friendships in town! Interested seniors should call the Center for more information.

Where's Cupid?!

Congratulations to **Winona Bouthiette** who was our lucky winner for finding the hidden snowflake in last month's newsletter. This time we've hidden a little cupid. Can you find it?! Call the Center if you do and be entered to win a prize in mid-February. Good luck!



February 2016

Mon	Tue	Wed	Thu	Fri
1 10:30 COA Mtg. 1:00 Tai Chi Lemon Thyme Chicken	2 10:00 Card Players Group 12:30 Wii Games 12:45 Shopping Trip* GROUNDHOG DAY!  Beef Jardiniere	3 9:00 Upton Police 9:00—12:00 SHINE 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:45 Shopping Trip* 1:00 Afternoon Movie 2:30 Computer Class Herb Roasted Pork	4 10:00 Knit/Crochet Group 1:00 BINGO Spaghetti & Meatballs	5 9:00—1:00 \$ AARP Tax Appts. 10:30 Blood Pressure Checks 12:45 Birthday Bash  Spinach Cheese Omelet
8 9:00 Senator Moore 9:15 Shopping Trip* 1:00 Tai Chi  Beef Stew	9 10:00 Card Players Group 12:30 Wii Games 12:45 History of Chocolate!  Greek Chicken	10 6:45—5:30 Foxwoods Trip  10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Wellness Talk 1:00 Afternoon Movie 2:30 Computer Class Macaroni & Cheese	11 9:15 Shopping Trip* 10:00 Knit/Crochet Group 1:00 BINGO 5:00 Friends of Rachel BVT Dinner Meatloaf & Gravy	12 10:30 Blood Pressure Checks 12:00 Brain Healthy Lunch by Cornerstone  Crumb Topped Fish
15 PRESIDENTS' DAY Center is Closed  Valentine's Day, Sunday, Feb. 14th No Meals Served	16 10:00 Card Players Group 12:45 Valentine's Party for Kids & Seniors  2:30 Wii Games Vegetable Cheese Bake	17 9:00 Upton Police 9:00—12:00 SHINE 10:00 Strength & Stretch 11:00 Library Table/Kids' Storytime & Lunch  12:30 Canasta 12:45 Shopping Trip* 1:00 Afternoon Movie 2:30 Computer Class Salisbury Steak	18 10:00 Knit/Crochet Group 1:00 BINGO Chicken Murphy	19 9:00—1:00 \$ AARP Tax Appts. 9:15 Shopping Trip* 10:30 Blood Pressure Checks 12:45 Ranger Viola's Bird Talk  Salmon with Dill
22 9:15 Breakfast by Jan 10:00 Identify Theft & Online Safety Program  Historical Society Program, Sun., Feb. 21 at 1:30 Jambalaya	23 10:00 Card Players Group  11:30 Lunch Trip to Miss Mendon Diner 12:30 Wii Games Burgundy Meatballs	24 10:00 Strength & Stretch 11:00 Library Table 12:30 Canasta 12:30 Blood Pressure Checks 12:30 Wellness Talk 12:45 Shopping Trip* 1:00 Afternoon Movie 2:30 Computer Class Pork Chow Mein	25 10:00 Knit/Crochet Group 1:00 BINGO 3:00 Craft Project with Students  BBQ Chicken	26 10:30 Blood Pressure Checks 5:30 Men's Club Supper  Potato Crunch Fish
29 9:15 Shopping Trip* 1:00 Tai Chi Lasagna		* Please see Newsletter for details on our shopping trips.		

February, 2016 — Dates to Remember

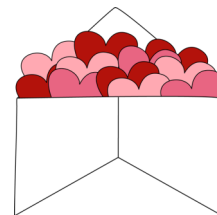
- Feb. 1 COA Meeting, 10:30
- Feb. 2 Shopping Trip—Market Basket, Hudson, 12:45
- Feb. 3 Upton Police, 9:00
- Feb. 3 SHINE Appointments, 9:00—12:00
- Feb. 3 Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop, Northbridge, 12:45
- Feb. 5 AARP Tax Appointments, 9:00—1:00
- Feb. 5 Birthday Bash, 12:45
- Feb. 8 Senator Moore Visits, 9:00
- Feb. 8 Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop, Northbridge, 9:15
- Feb. 9 History of Chocolate, 12:45
- Feb. 10 Foxwoods Trip, 6:45 am—5:30 pm
- Feb. 10 Wellness Talk with Jessica, 12:30
- Feb. 11 Shopping Trip—Shaw's/Walgreens, Milford, 9:15
- Feb. 11 Friends of Rachel Dinner at BVT, 5:00
- Feb. 12 Brain Healthy Lunch by Cornerstone, 12:00
- Feb. 12 RSVP's are due for March 4 Visit to the Salon at BVT
- Feb. 14 VALENTINE's DAY
- Feb. 15 PRESIDENTS' DAY—The Center is closed; no meals are served.
- Feb. 16 Valentine's Party for Kids & Seniors, 12:45
- Feb. 17 Upton Police, 9:00
- Feb. 17 SHINE Appointments, 9:00—12:00
- Feb. 17 Library Table/Kids' Storytime & Lunch, 11:00
- Feb. 17 Shopping Trip—Market Basket, Oxford, 12:45
- Feb. 19 AARP Tax Appointments, 9:00—1:00
- Feb. 19 Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop, Northbridge, 9:15
- Feb. 19 Ranger Viola's Bird Talk, 12:45
- Feb. 21 Historical Society Program at the Upton Center, 1:30
- Feb. 22 Breakfast by Jan, 9:15
- Feb. 22 Identity Theft & Online Safety Program, 10:00
- Feb. 23 Lunch Trip to Miss Mendon Diner, 11:30
- Feb. 24 Blood Pressure Checks at the Upton Center with the Town Nurse, 12:30
- Feb. 24 Wellness Talk with Jessica, 12:30
- Feb. 24 Shopping Trip—Salvation Army/Shaw's/Job Lots/Walmart Loop, Northbridge, 12:45
- Feb. 25 Craft Project with Students, 3:00
- Feb. 26 Men's Club Supper, 5:30
- Feb. 29 Shopping Trip—Hannaford's, Uxbridge, 9:15



Happy Valentine's Day

Please call the Upton Center at 508-529-4558 to register for rides and programs.

**Hours of operation are
Monday—Friday, 9:00—3:30
(weather & staff permitting).**



WEEKLY EVENTS AT THE UPTON CENTER

Every Monday	Tai Chi	1:00
Every Tuesday.....	Card Players Group	10:00
Every Tuesday.....	Wii Games	12:30
Every Wednesday	Strength & Stretch	10:00
Every Wednesday	Library Table	11:00
Every Wednesday	Canasta	12:30
Every Wednesday	Afternoon Movie ...	1:00
Every Wednesday	Computer Class	2:30
Every Thursday	Knit/Crochet Group	10:00
Every Thursday	BINGO	1:00
Every Friday	Blood Pressure Checks with EMT.....	10:30